



Holiday Calendar

February 2019

1st National Wear Red Day
2nd Ground Hog Day
5th Chinese New Year
14th Valentine's Day
18th Presidents' Day

March 2019

1st Employee Appreciation
2nd Texas Independence Day
6th Ash Wednesday
10th Daylight Savings Begins
17th St. Patrick's Day
29th National Vietnam War Veterans Day

April 2019

1st April Fool's Day
15th Tax Day
19th Good Friday
21st Easter Day
24th Administrative Professionals Day

Storm Season is coming

It is hard to believe in a week of 20 degree temperatures in Texas and negative temperatures in the Northern United States that we are talking about storm season. However, the one thing that Texans know is that it is coming. They also know that they need to be prepared.

With Spring right around the corner, these "artic blasts" will turn to Spring and Summer storms. Those storms are sometimes severe and emergency events can occur. Are you properly prepared?

In this month's newsletter we are including the Texas Department of State Health Services, **Texas Prepares** booklet. This booklet from the state covers multiple checklists to help you focus your effort on what you need to prepare and what you don't. The package also includes pet preparations, medication needs and documents you may need for an evacuations.

You can also dial 2-1-1 to register with the Texas Emergency Preparedness Information Hotline. This storm season be prepared.

Veterans Crisis Line

1-800-273-8255, Text 838255 or Confidentialchat@VeteransCrisisLine.net

Don't suffer in silence. Speak with someone that can help you or a family member. We care.



Report Abuse—Break the silence. 1-800-252-5400
If you are being abused, suspect abuse or have witnessed some one being abused; please call.



"You Can Quit" If you want to quit smoking, call: 1-800-QUIT-NOW or 1-800-784-8669
Www.smokefree.gov
OR www.betobaccofree.gov

These websites offer help and support to help you live a smoke free life.



Texas Emergency Preparedness phone information line. Dial 2-1-1



Ask the Office...

Do you have a question or an idea you would like to ask or share? If so, you can reach us at the following:

Toll free Phone Number:

1-888-450-6676

Webpage:

www.MCHMDS.com

Email:

vaservices@homepoint-dme.com

Facebook:

Mid-Cities Home Medical Delivery Service LLC.

Ask the Office

“Why is the VA focusing so much on hand washing / sanitation?” The simple true is that hands are one of the most used parts of our bodies. They pick-up hundreds of items a day, we eat with them, drink with them, work and clean with them.

As medical providers, our work includes handling equipment, working with patients and home environ-

ments that can be infectious or have a virus on them. The first line of defense is good handwashing practices. That is why community training always says where you go to the store where ill people may have been always wash your hands before eating or drinking anything to cut down on infecting yourself. Multiply this by 30 or so patients, homes

and situations . There is an increase of that infectious level being elevated. We use hand sanitizers and gloves to help our protect our patients from accidental exposures. If you notice that your technician is not using sanitizer or glove, please ask them to do so and call the office. We would like to hear from our patients 1-888-450-6676



In Memory of our Veterans who have passed. We will not forget.

Veteran Suicide Rates

"For years, the Department of Veterans Affairs reported an average of 20 veterans died by suicide every day -- an often-cited statistic that raised alarm nationwide about the rate of veteran suicide. The VA has now revealed the average daily number of veteran suicides has always included deaths of active-duty service members and members of the [National Guard](#) and Reserve, not just veterans.

The VA released its newest National Suicide Data Report on Monday, which includes data

from 2005 through 2015. Much in the report remained unchanged from two years ago, when the VA reported suicide statistics through 2014. Veteran suicide rates are still higher than the rest of the population, particularly among women.

In both reports, the VA said an average of 20 veterans succumbed to suicide every day. In its newest version, the VA was more specific.

The report shows the total is 20.6 suicides every day. Of those, 16.8 were veterans and 3.8 were active-duty servicemembers, guards-

men and reservists, the report states. That amounts to 6,132 veterans and 1,387 service-members who died by suicide in one year."

The Military.Com article include the National Helpline information. "To contact the Veterans Crisis Line, veterans, service-members or their families can call 1-800-273-8255 and press 1. They can also text 838255 for assistance." Every life is precious. **Please reach out. We love our patients & want to keep serving you.**

VA's Annual Flu Shot Clinics are Open

It is that time of year. The Texas Department of Health and Human Services is reporting a high number of people being seen for the Flu. Patients wishing to cut their exposure

risk may want to take advantage of the VA's Flu Clinic. Please contact your local VA for days and times. Patients can also check to see if they are due for their Pneumonia vaccine.

The VA can do both shot during the same visit.



VA Snow Bird Travel Program...

The Spring will be here soon and many of our "snowbird" patients will be heading back north for the rest of the year. Remember to always plan your trip and travel. If you know the VA Medical Center you are returning to, please contact them and let them know that you are returning home. If you need oxygen travel equipment, please contact the local VA Medical Center. You will need to give them your dates of travel, your mode of transport, if flying include all layover times and your end destination information. They will type up a travel prescription and send it to us. We will arrange the pick-up of your local VA equipment, issue any travel equipment prescribed and coordinate care with your home VA vendor. Helping patients travel safely is important to us and the VA Medical Centers.

Fun and Games: VISION Puzzles are donated and may contain spelling errors.

attention
 blink
 depth
 eyes
 focus
 image
 look
 ocular
 periphery
 senses
 sight
 stare
 tracking
 vision
 visual

R	H	T	P	E	D	I	T	L	O
A	U	G	P	I	E	V	L	I	N
L	T	R	A	C	K	I	N	G	S
U	E	T	L	A	U	S	I	V	S
C	Y	R	E	H	P	I	R	E	P
O	E	B	E	N	O	O	S	K	F
V	S	I	G	H	T	N	N	O	S
S	S	T	A	R	E	I	C	O	G
I	R	A	M	S	L	U	O	L	P
T	A	A	I	B	S	T	N	N	P

In the Kitchen...



Greek Chicken from
Allrecipes.com

Ingredients:

4 pounds skin on, bone in
 chicken thighs
 1 tablespoon kosher salt
 1 tablespoon dried oregano
 1 teaspoon ground black pep-
 per
 1 teaspoon dried rosemary
 1 pinch cayenne pepper
 1/2 cup lemon juice
 1/2 olive oil
 6 cloves garlic minced
 3 russet potatoes, peeled and
 quartered
 2/3 cup chicken broth

Directions:

Preheat oven to 425 Degrees F

Place chicken in large bowl. Season
 with salt, oregano, pepper, rosemary
 and cayenne pepper. Add fresh lemon
 juice, olive oil and garlic. Place pota-
 toes in bowl and stir together until
 evenly coated.

Transfer to roasting pan, reserve
 marinade. Drizzle with 2/3 cups
 chicken broth and then spoon remain-
 ing marinade over chicken and pota-
 toes.

Place in oven, bake 20 minutes. Toss
 chicken and potatoes, keep chicken
 skin side up. Bake 25 minute or until
 browned.

Transfer to serving platter.